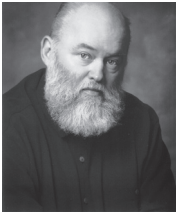


TRUE BELONGING

Mindful Practices to Help You Overcome Loneliness,
Connect with Others & Cultivate Happiness

JEFFREY BRANTLEY, MD & WENDY MILLSTINE, NC

The Authors



Jeffrey Brantley, MD, is the bestselling coauthor of *Calming Your Anxious Mind*, and the *Five Good Minutes* series, which has sold more than 150,000 copies. He is a consulting associate in the Duke Department of Psychiatry and the founder and director of the mindfulness-based stress reduction program at Duke University's Center for Integrative Medicine.

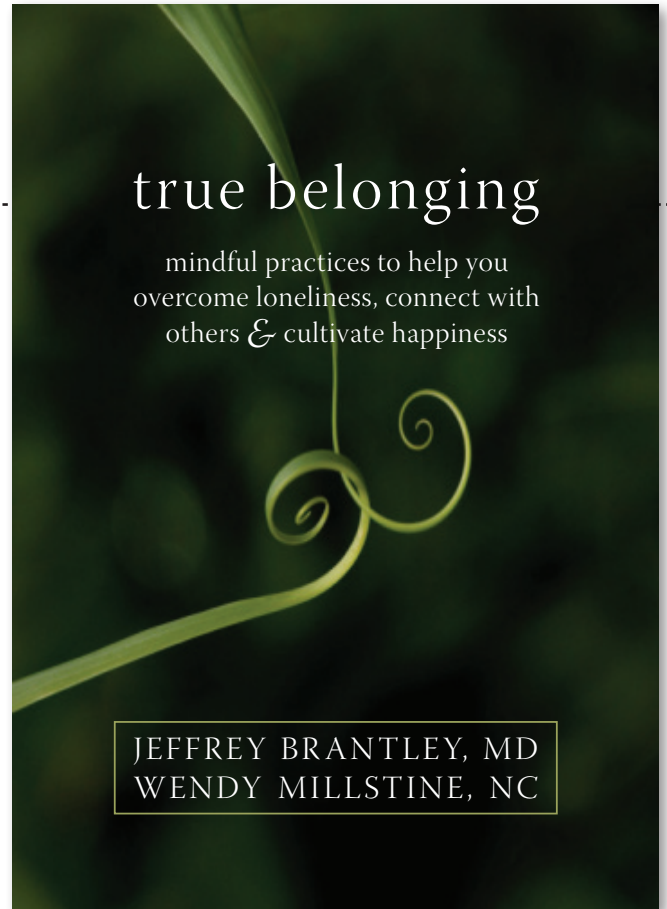
Wendy Millstine, NC, is the bestselling coauthor of *Calming Your Anxious Mind*, and the *Five Good Minutes* series. She is a freelance writer and certified holistic nutrition consultant who specializes in diet and stress reduction.



Have you ever felt isolated or alone?

Although technological advancements have allowed us to have nearly instant contact with everyone in the world, there is substantial evidence that people feel more lonely and isolated than ever before. The number of people who say there is no one with whom they discuss important matters has nearly tripled between 1985 and 2004. Meanwhile, the evidence correlating health with social support continues to build. Research has shown that socially connected people are healthier, happier, and live longer than socially isolated individuals.

In *True Belonging*, readers learn to free themselves of loneliness and a sense of isolation through mindfulness exercises that foster a feeling of unity and connectedness. Instead of seeing the outside world as something completely apart from oneself, readers come to notice and explore their interdependence with all of life, and learn to treat themselves more kindly and make contributions to ensure the well-being of others.



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Jeffrey Brantley, MD, & Wendy Millstine, NC

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Have you ever felt isolated or alone?

Have you ever suffered, believing that you had become disconnected and were no longer a part of things? Did those feelings of separateness carry with them painful emotions or plunge you into moments of despair or hopelessness?

Most likely, yes! Who has not felt such things? It is part of the suffering that comes with being human.

And, yet, what if you didn't have to be so vulnerable to painful feelings of disconnection or isolation? What if you could learn to remember—and rest more often and more deeply in—the experience of interconnection and the feeling of belonging?

If you have ever felt disconnected or lonely and you long for richer relationships and a deeper sense of connection, this book is for you. A goal of this book is to offer comfort and inspiration. More importantly, this book's goal is to become a resource for liberation and the discovery of new possibilities and joy for anyone trapped in the perception that they are somehow absolutely alone, isolated, or excluded.

"Who This Book is For
and What it Offers," from
True Belonging

Praise

"Curl up with this delicious book. Savor it. Taste the exercises. In a world where we so often find ourselves alienated, disconnected from others and even from ourselves, it can help you reconnect and heal!"

— Thomas Bien, PhD, author of *The Buddha's Way of Happiness* and *Mindful Recovery*

"Perhaps one of the most important topics of our time. *True Belonging* shows us how to connect with what truly matters."

— Elisha Goldstein, PhD, coauthor of *A Mindfulness-Based Stress Reduction Workbook*

"In clear, straightforward language—and with unmistakable caring—*True Belonging* shows ways to break through partial truths, mistaken beliefs, and shoddy storylines that mire us in loneliness. On the other side lies a cheerful appreciation of the 'whole truth' of who we really are."

— Barry Boyce, editor of *The Mindfulness Revolution* and *mindful.org*

"*True Belonging* is a true gift. This book is for anyone who wants to connect more deeply and compassionately with themselves, with others, and with the great web of life to which we all belong. No need to wait another moment—follow the practical guidance offered in *True Belonging* and open your heart now."

— Diane Reibel, PhD, is director of the Mindfulness Institute at Thomas Jefferson University Hospital and coauthor of *Teaching Mindfulness*

"Whether you already know and cherish a sense of true belonging in this world and would dive more deeply into it or are someone who longs for its embrace, this lovely guidebook to personal transformation will greatly contribute to your life. It offers a true path from isolation and loneliness. You will find here a loving and thoughtful weave of wisdom and compassion, gentle, caring guidance, and many simple yet profound meditations that can awaken in you a deep sense of connectedness in the family of all things."

— Steve Flowers, MS, MFT, author of *The Mindful Path through Shyness*, coauthor of *Living With Your Heart Wide Open*, and director of the mindfulness-based stress reduction clinic at Enloe Medical Center in Chico, CA

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